

## Emergency crisis and support

## | ဂုဏ်ဂီၢ်အူတၢ်နးတၢ်ဖျိၣ်ဒီးတၢ်တိၣ်စၢၤမၤမၤ

Victoria's Emergency, Crisis and Support Services respond to a broad range of serious situations.

From medical emergencies, to personal and family crises, such as violence or abuse, or environment disasters, it's important to know who to turn to when you need help.

"We always want people to call whenever there's an emergency, or there's a situation that they are not sure about and they think that they need help or someone else needs help straight away.

If you're not sure if someone needs help straight away, it's better to be safe and to call us, but if you think it's something that can wait for later on in the day or to try and organise some other assistance, don't call 000 for those sorts of things.

People sometimes hesitate to call 000, because they are not sure if the situation qualifies as an emergency.

However, the people who take your call are trained to help you, and will direct your call to the right service that can help you.

When people call 000, the first thing they're going to be asked is whether they want to speak to Police, Fire or Ambulance, so you need to know which service you need the help from.

Depending on which agency you speak to, they're going to ask you things like where are you located, how many people are involved, whether someone is conscious or breathing and those sorts of things.

You need to have a good idea of where you are and what the problem is, to give to the operator."

You can go to an emergency department of a

ဝံးထီၣ်ရဲၤအူဂီၢ်အူ, တၢ်နးတၢ်ဖျိၣ်ဒီးတၢ်တိၣ်စၢၤမၤမၤ တၢ်မၤန့ၢ်ခဲးတဖၣ်ဒီးဆၢကဒါက့ၤတၢ်အိၣ်သးနးနးကလဲၣ် လၢအဒိၣ်အမုၢ်တဖၣ်န့ၣ်လီၤ.

စးထီၣ်လၢကသံၣ်ကသီၣ်ဂီၢ်အူဒီး, တုၤယီၤလၢပုၤနီၣ်ကစၢ် ဒၣ်ဝဲဒီးန့ၣ်ဖိထၢဖိတၢ်နးတၢ်ဖျိၣ်တဖၣ်အိၣ်, ဒ်သိးဒီးတၢ်စု ဆူၣ်ခိၣ်တကးမ့တမ့ၢ်တၢ်မၤတရီၤတပါ, မ့တမ့ၢ်ခိၣ်ဃၢၤန့ၣ် ဆၢၣ်တၢ်တတၢ်တနါတဖၣ်န့ၣ်, မ့တမ့ၢ်အူဒိၣ်ဝဲလၢတၢ် သ့ၣ်ညါကဘၣ်လဲၤအူမတၤအိၣ်ဖဲ ပလီၣ်ဘၣ်တၢ်မၤမၤ အခါန့ၣ်လီၤ.

ထီၣ်န့ၣ်ပဲအဲၣ်ဒီးလၢပုၤကကိး ၀၀၀ တဘျီလၢလၢဖဲဂုၢ်ဂီၢ် အူအိၣ်ထီၣ်ဝဲတခါ, မ့တမ့ၢ်တၢ်အိၣ်သးဟဲအိၣ်ထီၣ်တခါလၢ အဝဲသ့ၣ်တလီၤတၢ်ဘၣ်အူဂီၢ်အူဒီးအဝဲသ့ၣ်ဆိကမိၣ်လၢ လိၣ်ဘၣ်တၢ်မၤမၤမ့တမ့ၢ်ပုၤတဂၤလိၣ်ဘၣ်တၢ်မၤမၤ တဘျီယီၤအခါန့ၣ်လီၤ.

န့ၣ်တလီၤတၢ်ဘၣ်လၢမ့ၢ်ပုၤတဂၤလိၣ်ဘၣ်တၢ်မၤမၤ တဘျီယီၤန့ၣ်, ဂ့ၤဒိၣ်ကတၢ်လၢကအိၣ်ပုၤဖျဲးဒီးတၢ်လီၤ ဘၣ်ယိၣ်ဒီးကိးပဝဲသ့ၣ်လီၤ, ဘၣ်ဆၢန့ၣ်ဆိကမိၣ်တၢ်အံၤ မ့ၢ်တၢ်တမံၤမံၤလၢတၢ်ခိးအီၤလၢခံတဘျီသ့ၣ်ဒၣ်လၢတန့ၣ် အတီၢ်ပုၤမ့တမ့ၢ်တၢ်ကျဲးစးဒီးရဲၣ်ကျဲၤန့ၢ်တၢ်တိၣ်စၢၤမၤမၤ စၢၤအူဂီၢ်အူန့ၣ်, တဘၣ်ကိး ၀၀၀ လၢတၢ်ဂုၢ်ဒ်သိးန့ၣ် တၢ်တဖၣ်န့ၣ်တဂ့ၤ.

ပုၤကညီၣ်တဖၣ်တဘျီတခါန့ၣ်ခါန့ၣ်ဒီးလၢကကိး ၀၀၀, မ့ၢ် လၢအဝဲသ့ၣ်တလီၤတၢ်ဘၣ်လၢမ့ၢ်တၢ်အိၣ်သးတဖၣ်န့ၣ်ကြၢၤ ဝဲဒီးဂုၢ်ဂီၢ်အူတခါကစီၣ်ခါန့ၣ်လီၤ.

ဘၣ်ဆၢဒီးပုၤလၢအူဂီၢ်လိၣ်န့ၣ်တၢ်ကိးန့ၣ်မ့ၢ်ပုၤလၢတၢ် သိၣ်လိၣ်န့ၣ်လိၣ်အီၤလၢတၢ်မၤမၤန့ၣ်အဂီၢ်, ဒီးကဟံးစု န့ၢ်ကျဲၤန့ၣ်န့ၣ်တၢ်ကိးဆူတၢ်မၤန့ၢ်ခဲးလၢအဘၣ်လၢမၤမၤ န့ၣ်သ့ၣ်န့ၣ်လီၤ.

ဖဲပုၤကိး ၀၀၀ အခါန့ၣ်, တၢ်အဆိကတၢ်လၢတၢ်ကသံၣ်ကွၢ် အဝဲသ့ၣ်န့ၣ် မ့ၢ်အဝဲသ့ၣ်အိၣ်ဒီးကတီၤတၢ်ဆူပၤကီၢ်, မ့ၢ်အူ, မ့တမ့ၢ်သိလ့ၣ်တီပုၤဆါခါန့ၣ်လီၤ, လၢတၢ်န့ၣ်အယိၣ်န့ၣ်လိၣ် သ့ၣ်ညါလၢတၢ်မၤန့ၢ်ခဲးမန့ၣ်တခါလၢန့ၣ်လိၣ်ဘၣ်အီၤန့ၣ်လီၤ.

ဒီးသန့ၣ်ထီၣ်အသးလၢခါၣ်စးကရၢမန့ၣ်လၢနကတီၤတၢ်ဆူ အအိၣ်န့ၣ်, အဝဲသ့ၣ်ကသံၣ်ကွၢ်န့ၣ်တၢ်တဖၣ်လၢအဒ်သိးဒီးန့ၣ် အိၣ်တၢ်လီၤဖဲ လဲၣ်, ပုၤပုၤဃုၣ်ပုၤဂီၢ်ပုၤဂၤလဲၣ်, မ့ၢ်ပုၤတ ဂၤန့ၣ်အနီၣ်အသးကစီၣ်ခါမ့တမ့ၢ်သါကစီၣ်ခါဒီးတၢ်ဒ်သိး န့ၣ်တဖၣ်လီၤ.

န့ၣ်ဘၣ်အိၣ်ဒီးတၢ်ဆိကမိၣ်လၢအူဂီၢ်ဘၣ်ဃးဒီးန့ၣ်အိၣ်ဖဲလဲၣ် ဒီးတၢ်ဂုၢ်ကီၢ်မန့ၣ်လဲၣ်, လၢတၢ်ကဟ့ၣ်အီၤအူပုၤစံးဆၢလီ တဲစိအ အိၣ်လီၤ.

န့ၣ်လဲၣ်အူဂီၢ်အူဝဲၤကျိၤတၢ်ဆါဟံၣ် တဖျၢၣ်အိၣ်သ့ၣ်ဒၣ်,

hospital, if you or someone you are with, is experiencing a critical health issue.

For non-critical health issues, visit a GP, after-hours medical service, or call a phone advice line, such as NURSE-ON-CALL.

So if when there's an emergency, sometimes you might not think that is an appropriate service to call.

There are other agencies in the community that can give you a hand in your time of need.

There might be a local support agency, it might even be a counselling line that can give you the advice you want, Poisons Information Service, those sorts of things. So if you have a look in your local phone guide or your community guides, you can get those phone numbers from there.

Victorian Personal and Family Crisis Services support you, if you are experiencing difficulties.

Support is provided for mental health issues, and alcohol and drug problems.

If you are concerned about a vulnerable child or children, Child Protection Services are there to assist and respond.

Sexual assault or family violence helplines and online support is available 24 hours a day.

Calls are free.

If you are under 25, there are counsellors who can communicate with you online or over the phone.

All conversations are private and confidential, so seek help or advice as soon as you need it.

For natural disasters, such as bush fires and floods, Victoria's Emergency Services work in a coordinated manner to respond as quickly as

လၢနကစၢ်မ့တမ့ၢ်ပုၤလၢအ အိၣ်ဒီးန့ၣ်တၢ်ကၤလၢမ့ၢ်လဲၣ်ဒီး ဖျိဘၣ်ဆူၣ်ချ့တၢ်ဂ့ၢ်ကိၤလၢအဂ့ၢ်ဒိၣ်တဖၣ်အခါန့ၣ်လီၤ.

မ့တမ့ၢ်ဆူၣ်ချ့တၢ်ဂ့ၢ်ကိၤလၢအဂ့ၢ်ဒိၣ်တဖၣ်အဂီၢ်န့ၣ်, လဲၣ်ဆူ ကျိၣ်ဖံၣ်တၢ်ကၤအအိၣ်, ဆၢကတီၢ်တလၢကွံၣ်ကသံၣ်ကသီတၢ် မၤန့ၢ်ခဲးအအိၣ်, မ့တမ့ၢ်ကိးလိတဲစိတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးလီ ကျိၣ်, ဒ်သိးဒီးန့ၢ်ခဲးအတၢ်စံးဆၢလိတဲစိကျိၣ်န့ၣ်တက့ၢ်.

လၢတၢ်န့ၣ်အယိဖဲဂ့ၢ်ဂီၢ်အူမ့ၢ်ဟဲအိၣ်ထီၣ်အခါန့ၣ်, တဘျီ တခီၣ်နတဆိကမိၣ်ဘၣ်သ့ၣ်သ့ၣ်လၢတၢ်န့ၣ်မ့ၢ်တၢ်မၤ န့ၢ်ခဲးအကြၢးဝဲဘၣ်ဝဲလၢတၢ်ကကိးအီၤအဂီၢ်ဘၣ် န့ၣ်လီၤ.

ခၢၣ်စးကရၢအဂ့ၢ်တဖၣ်အိၣ်ဝဲလၢပုၤတၢ်အပူၤလၢဟ့ၣ် န့ၣ်တၢ်မၤစၢၤသ့ဝဲဒၣ်ဖဲန့ၣ်လိၣ်ဘၣ်အဆၢကတီၢ်န့ၣ်လီၤ.

တၢ်န့ၣ်မ့ၢ်ဝဲလိၣ်ကဝီၤတၢ်တိစၢၤမၤစၢၤကရၢခၢၣ်စးတခါ သ့န့ၣ်လီၤ, တၢ်အံၤန့ၣ် ဘၣ်သ့ၣ်သ့ၣ်ကမ့ၢ်ဒၣ်လိၣ်တၢ်ဟ့ၣ် ကူၣ်တဲသကိးတၢ်လိကျိၣ်သ့ဝဲလၢဟ့ၣ်န့ၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ် ဖးလၢနသးလိအီၤန့ၣ်သ့ဝဲဒၣ်, တၢ်မၤန့ၢ်ခဲးဘၣ်ပးဒီးတၢ် စုၣ်တၢ်ပျီအဂ့ၢ်အကျိၣ်, တၢ်ဒ်သိးန့ၣ်တဖၣ်လီၤ. လၢတၢ် န့ၣ်အယိန့ၣ်မ့ၢ်ကွၢ်လၢနလိၣ်ကဝီၤလိတဲစိလိၣ်န့ၣ်ကျိၣ်ပုၤမ့တ မ့ၢ်န့ၣ်ပုၤတၢ်လိၣ်န့ၣ်ကျိၣ်ပုၤတဖၣ်န့ၣ်ဒီး, နမၤန့ၢ်လီၤတဲစိ နီၢ်ဂံၢ်တဖၣ်ဖဲန့ၣ်သ့န့ၣ်လီၤ.

ဝဲထီၣ်ရံၤယါဘၣ်ပးနီၢ်ကစၢ်ဒီးခူၣ်ဖိထၢဖိတၢ်န့ၣ်တၢ်ဖီၣ်တၢ် မၤန့ၢ်ခဲးတဖၣ်တိစၢၤမၤစၢၤန့ၣ်လၢနမ့ၢ်လဲၣ်ဒီးဖျိဘၣ်တၢ် ကိၤတၢ်ခဲတဖၣ်အခါ န့ၣ်လီၤ. တၢ်တိစၢၤမၤစၢၤန့ၣ်, တၢ် ဟ့ၣ်လီၤအီၤလၢနီၢ်သးဆူၣ်ချ့တၢ်ဂ့ၢ်ကိၤတဖၣ်,ဒီးသိးဒီးက သံၣ်မူဘျီတၢ်ဂ့ၢ်ကိၤတဖၣ်အဂီၢ်လီၤ.

န့ၣ်မ့ၢ်ဘၣ်ယိၣ်ဘၣ်ဘီတၢ်ဂ့ၢ်ဘၣ်ပးဒီးဖိသ့ၣ်လၢအဘၣ်ဒိဘၣ် ထံးညီမ့တမ့ၢ်ဖိသ့ၣ်တဖၣ်အဂီၢ်န့ၣ်, တၢ်ဒီးသဒၢန့ၢ်ဖိသ့ၣ်တၢ် မၤန့ၢ်ခဲးတဖၣ်အိၣ်ဖဲန့ၣ်လၢတၢ်မၤစၢၤဒီးစံးဆၢကတီၢ်အ ဂီၢ်လီၤ.

တၢ်မၤဆူးမၤဆါသ့ၣ်ထံးတၢ်ရူလိၣ်မ့တမ့ၢ်ခူၣ်ဖိထၢဖိတၢ်စု ဆူၣ်ခီၣ်တကးတၢ်မၤစၢၤလိကျိၣ်ဒီးတၢ်တိစၢၤမၤစၢၤလၢအ ထၢၣ်န့ၣ်ကျိၣ်ပုၤတဖၣ်တၢ်မၤန့ၣ် အီၤသ့ဝဲဒၣ်လၢတၢ်န့ၣ် ဂ့ၣ်န့ၣ်ရံၣ်န့ၣ်လီၤ.

တၢ်ကိးတဖၣ်န့ၣ်အကလီၤခဲလၢၣ်လီၤ. န့ၣ်မ့ၢ်ပုၤ ၂၅န့ၣ်ဆူအဖီလၢၣ်န့ၣ်, ပုၤကတိၤဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး တၢ်အိၣ်ဝဲဒၣ်လၢအမ့ၢ်ပုၤလၢသ့ဆဲးကျၢဆဲးကျိးဒီးန့ၣ်လၢအ အာၣ်န့ၣ်ကျိၣ်ပုၤမ့တမ့ၢ်လၢလိတဲစိပုၤန့ၣ်လီၤ. တၢ်စံးတၢ်ကတိၤခဲလၢၣ်န့ၣ်မ့ၢ်တၢ်ဘၣ်ပးပုၤနီၢ်တၢ်ကၤဒၣ်ဒီး တၢ်ပၣ်ဘၣ်ပၣ်ဘၢယၢ်အီၤလီၤ. လၢတၢ်န့ၣ်အယိယုထံၣ်န့ၣ် တၢ်မၤစၢၤမ့တမ့ၢ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတသ့ဖဲအသ့လၢအချ့ဒိ န့ၣ်လိၣ်ဘၣ်အီၤအသိးန့ၣ်တက့ၢ်.

လၢနဆၢၣ်တၢ်တတၢ်တနီၤတဖၣ်အဂီၢ်, ဒ်သိးဒီးမ့ၢ်အူအိၣ် သ့ၣ်ပုၤဒီးထံဒိၣ်ခိၣ်ယုၤတဖၣ်အဂီၢ်န့ၣ်,ဝဲထီၣ်ရံၤယါဂီၢ်အူ တၢ်မၤန့ၢ်ခဲးတဖၣ်မၤတၢ်လၢတၢ်မၤသကိးတၢ်အပူၤလၢ တၢ်ခီဆၢကဒါက့ၤတၢ်လၢတၢ်သ့ဖဲအသ့အဆိအချ့အဂီၢ်လီၤ.

